LONDON, VULGAR?
DESE GUYS SAY OUR TWEETS DON'T GOT NO CLASS {page 3}

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MAYOR BACKS DOWN
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IN TOUCH
KIEFER SUTHERLAND TACKLES CEREBRAL ROLE IN NEW SERIES {page 7}

LONDON metro®
Tuesday, January 24, 2012
www.metronews.ca
News worth sharing.

Winter. Comforts

▶ Andrew Scampaio, 23, of London, tosses fries in salt on Monday during the lunch-hour rush at Manito's Rotisserie & Sandwich Shop in Covent Garden Market.

ANGELA MULLINS/METRO

Don't fry this at home

The restaurant has been serving spit-roasted chicken, various kinds of sandwiches and fresh-cut fries at the market for about 18 months.

End of a chapter for Storybook seals

▶ Plan will see seals bound for new pool at St. Louis Zoo in Missouri ▶ Councillors say moving exotic animals to other zoos will free up money to focus on Storybook's next phase

ANGELA MULLINS
@METRONEWS.CA

Fans of Storybook Gardens and its famed seals may want to schedule a goodbye visit in the coming months.

The city's community-services committee gave the go-ahead on Monday to move the four harbour seals stateside and relocate other exotic animals — including two lynx, beavers and an otter — to wildlife sanctuaries in California and Ontario.

Approval of the plan came after a short debate that saw some city councillors question what will become of Storybook with most of the animals gone. Coun. Dale Henderson was the lone "no" vote, stressing a possible loss of tourism dollars.

"Most people, if you ask them what is Storybook Gardens, they would talk about the seals, they would talk about the otters," said Coun. Bud Polhill, who was at the meeting but didn't vote because he's not on the committee.

Polhill was on city council when moving animals was discussed as part of Storybook's 2008-10 business plan. But, Polhill said Monday he's not sure councillors "gave an absolute direction that said the animals are going to go."

Ross Fair, the city's executive director of community services, said direction at the time was very clear: Animal exhibits should be closed. Updating exhibits to meet current standards would be too costly, city staff said.

Over the past few years, more than half of Storybook's exotic animals have been moved to sites in Ontario, Quebec and New Brunswick.

If the full city council OK's the latest action, all exotic animals will be out of the Springbank Park attraction by summer, city officials said.

Zoocheck Canada, a Toronto-based national wildlife protection agency, is footing the bill — to the tune of at least $50,000 — to move the animals.

Julie Woodyer, campaigns director for Zoocheck, said her agency was involved when politicians first decided to shut down Storybook's zoo.

The group got involved again this summer and co-ordinated the moves after receiving an "unprecedented number of complaints" about the seal pool, which Woodyer said an expert has deemed too small and too shallow.

"It's a win-win-win for everyone," she said about relocating the animals. "The fact is zoos are not a big draw. We know from all of our experience working with zoos that zoos don't make money."

The only animals remaining — sheep, goats, miniatures, donkeys, rabbits, ducks, chickens and a dog — will be those in Old MacDonald's Farmyard. The exhibits that included exotic animals will be closed and new ones will take their place.

Replacement of the exhibits would be spread out over several years, officials said. This year's capital work at Storybook is expected to cost about $130,000.

City to consult Old East on needle boxes

A city administrator has vowed to work with business owners in the Old East Village to make sure two needle-disposal bins have been put in the right places.

The bins were placed in a city parking lot on the north side of Dundas Street east of Adelaide a few months ago, officials said.

Members of the Old East business improvement association were at Monday's community-services committee meeting to express concern that they weren't consulted before the bins were put in place.

"If the bins aren't being used or if they are creating a problem, I think we have an obligation to revisit any of them," said Ross Fair, the city's executive director of community services.

ANGELA MULLINS

1 news

Brothers are reunited in Japan after six decades apart. Scan the code for the story.

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On the web at metronews.ca

Things have been looking up for North American markets thus far in 2012. Allan Small explains why at metronews.ca/investing

Follow us on Twitter @themetrolondon

Western announces record donation

Contributing towards the city-wide campaign goal of $8.5 million, the University of Western Ontario announced a record-breaking gift of $716,632, making it the largest donation ever to the United Way of London & Middlesex.

Western surpassed its gift from 2010 of $631,487 by $85,415, an increase of 13 per cent and its 2011 campaign goal of $650,000 by $66,632. The generous financial support comes from more than 1,300 Western staff, faculty, retirees and students, fuelled by more than 200 Western volunteers. METRO

Suspended licence a common thread

A London traffic officer nabbed two people driving with suspended licences last Friday night.

At 8:30 p.m., an officer saw a female motorist ignore a red light. The officer stopped her and found she was a suspended driver. This resulted in a ticket for the red light, a ticket for suspended driving, and a trip to court. An hour later, the same officer saw another driver disobey a red light. The male driver also turned out to be suspended. He got a red-light ticket, a suspended driving charge and the seven-day impoundment of his vehicle. METRO

Rainy day. Stroll

▶ Dressed for the weather, Sharon George and her soft-coated wheaten terrier Baxter are out for their daily walk Monday in south London.

MARK SPOWART/FOR METRO

Baxter's boots were made for walkin'

George says Baxter has learned to associate putting the boots on with going out for a walk, and once he did this, it was easy to get him dressed each day. The boots protect Baxter's paws from ice and salt. Environment Canada is calling for clouds Tuesday with a 60 per cent chance of flurries and a high of -1 C.

Mayor willing to pass on levy

Economic-development committee focusing on SoHo redevelopment

ANGELA MULLINS
@METRONEWS.CA

Mayor Joe Fontana is backing down on his push for a one per cent economic-development levy this year, saying the city doesn't need the money to spur development in the short term.

But he remained steadfast Monday in his aim to create a pot of money set aside for upping the tax rolls and creating jobs. Officials have said that money could come from a variety of sources, including selling city assets.

"The levy I think we should always keep in our back pocket," Fontana said.

The mayor's comments came minutes after city council's investment and economic prosperity committee approved focusing this year's development efforts on the former South Street Hospital site and buying land for industrial use. Committee members also gave the go-ahead to a process that will prioritize a long list of city projects in various stages of completion. The projects include a downtown parking initiative, building a new city hall and creating a transit hub on Talbot Street.

Putting an immediate focus on the South Street property and banking industrial land creates immediate and long-term benefits without spending money that's not already budgeted, city officials said.

The move puts an emphasis on "Job 1," as Fontana put it: Creating "the most amount of jobs immediately and quickly … with the limited resources we have in 2012."

The goal is to have at least some of the buildings on the SoHo site torn down and a request for development proposals out to the private sector by year's end, officials said.

Midwives want birth centre

The Association of Ontario Midwives is leading a social media campaign urging the province to fund a birth centre pilot project.

The association says more than 6,500 e-postcards have been sent to Premier Dalton McGuinty advocating for birth centres. It says hundreds of supporters are also using Facebook to promote the benefits of birth centres and funding for the pilot project in the 2012 budget.

550 Number of registered midwives currently attend births in Ontario hospitals and homes.

The association says birthing centres could cut costs such as medical and surgical expenses.

And it says reducing Ontario's rate of caesarean section to 15 per cent could save $50 million a year. THE CANADIAN PRESS

ANGELA MULLINS/METRO FILE

▶ Dalton McGuinty

News in brief

Fontana not sorry

Mayor Joe Fontana says his language may have been a little out of line, but he's not backing down from the message he delivered to a rally for locked-out Electro-Motive workers on Saturday.

"So let's get out there, get back to the table, Caterpillar. Get your ass down here, Prime Minister Harper!" Fontana shouted. AM980/AM980.CA

Ronald McDonald applies for funds

Ronald McDonald Southwestern Ontario has applied for the Wind Thanks London Community Grant for its new family room. The family room is located on the sixth floor of the new Children's Hospital. METRO

Ontarians to pay for crime bill

Ontario says the omnibus federal crime bill will cost the province's taxpayers more than $1 billion in increased police and correctional service costs.

Correctional Services Minister Madeleine Meilleur says there are about 8,500 inmates in Ontario correctional facilities.

She warns the crime bill could add another 1,500 inmates to the system by 2016, pushing populations to 150 per cent of capacity at some jails.

She says the province now faces the possibility of having to build a new 1,000-bed facility to offset the impact of Bill C-10, with an estimated capital cost of $900 million.

THE CANADIAN PRESS

METRO FILE

▶ Correctional Services Minister Madeleine Meilleur says Ontario correctional facilities are at 95 per cent capacity.

Teaching 'food literacy' to city's at-risk youth

Life-skills cooking classes to prepare youth for independence

One 17-year-old boy measures flour and mashes bananas for chocolate chip banana muffins while another, also 17, uses a kitchen knife to de-seed and slice a red pepper for ham and cheese roll-ups.

A third boy, 15, has to spread cold cream cheese on the roll-up tortillas before adding ham slices, lettuce and the pepper strips.

Although there is chatter all around them, the boys don't say much, intent on their tasks during the first of four life-skills cooking classes at Belton House, a London residential group home for boys 12 to 18. A couple of other boys wander in and out, to keep an eye on what's happening.

Although only three of the home's seven residents participated, Heather Thomas proclaims the hour-long class a success.

Thomas is a public health dietitian at the Middlesex-London Health Unit and organizer of the event. This is her first cooking class at a group home — another was planned at a group home for girls later in the week — and latest step in her effort to bring "food literacy" to at-risk youth in the London area.

"We didn't know if even one kid would show up" for the strictly voluntary class, Thomas says. "So to have three, that's good."

Thomas is not alone in her efforts to reach out to "vulnerable" populations. A group of about 10 health units across Ontario, including Middlesex-London, is getting a grant of $100,000 from Public Health Ontario to investigate what food literacy and cooking skills mean to "priority populations."

THE CANADIAN PRESS

DAVE CHIDLEY/THE CANADIAN PRESS

▶ Residents of a youth group home participate in a "food literacy" cooking class in London on Jan. 10.

Disgraced medic faces more charges

A disgraced London military medic has been charged with four additional counts of sexual assault, a month after he was convicted of similar charges.

James Wilks now faces four additional counts of sexual assault and 10 counts of breach of trust.

The incidents are in connection with alleged inappropriate medical exams performed on Canadian forces recruits between 2002 and 2009 at a naval reserve unit in Thunder Bay and the Canadian Forces Recruiting Centre in London.

AM980/AM980.CA

News in brief

Alzheimer's centre gets boost

One of Canada's first centres for Alzheimer's disease and cognitive vitality, to be located at St. Joseph's Parkwood Hospital, received a $15,000 funding boost thanks to the Alzheimer Society Elgin-St. Thomas. METRO

Police board re-elects chair

Michael Deeb has been elected chair of the London Police Services Board for another year.

Deeb, a vice-principal at Saunders Secondary School, began serving as chair in January 2011. Jeannette Eberhard was elected the police board's vice-chair for 2012.

METRO

Twitter

GRAPHIC COURTESY OF TBK CREATIVE

▶ The list of Canada's most vulgar cities on Twitter.

Minding your virtual manners

What the %$#*?

London has earned the dubious title of being among the most vulgar Canadian cities on Twitter.

The Forest City ranked third in a tbk Creative analysis of tweets that include the city name and three key swear words. Two other southwest Ontario cities — Brampton and Hamilton — took first and second respectively. Toronto was fourth.

Andrew Schiestel, a senior partner at tbk, isn't drawing any conclusions about what that says about Londoners as a whole. The analysis was more of a lark than a serious attempt at figuring out which of Canada's most-populated cities is deserving of a finger washing, he said.

"We love social media (and) we love understanding more about people and how they behave on these social-networking websites," Schiestel said. "So, we thought, 'Why don't we do something fun?'"

The methodology used for the number crunching included taking a million Canadian tweets over a 30-day period and pulling out those that included particular city names and at least one of three curse words.

Several cities in Western Canada ranked outside the Top 10. Surrey, B.C., came in 11th, Edmonton ranked 12th, Calgary placed 13th and Vancouver was last.

The only Ontario city in the bottom five was Mississauga at 14th.

ANGELA MULLINS

Clement lied about G8: NDP

Treasury Board president calls concerns 'NDP drive-by slime'

The New Democrats are calling on Tony Clement to turn himself in to the police after disclosing documents that they say show that he lied and covered up his role in dispensing a $50-million G8 "slush fund" in 2010.

New Democrat MP Charlie Angus issued the call Monday based on new documents that contradict Clement's insistence that he was not involved in choosing which projects to spruce up in his riding would get funding.

The Treasury Board president responded via Twitter: "As usual NDP confusing recommending with choosing," Clement wrote.

Clement's spokeswoman later said that Angus was recycling the well-known fact that Clement "recommended projects" to the infrastructure minister, who had sole authority to decide which projects would get federal cash.

THE CANADIAN PRESS

Angus' remarks

- "He told the Canadian people, 'If anybody could ever prove that I would do that, I'd turn myself over to the cops.' Well, Tony, what about it?" NDP MP Charlie Angus said yesterday.
- "It's clear that a cover-up happened and the auditor general was misled," Angus added.

Southern. Storms

▶ John Braswell, right, Joe Braswell, centre, and Andrew Hughes, pastor of Beardon Methodist Church, remove fallen trees from a car in Fordyce, Ark., on Monday. Strong storms struck the area late Sunday.

DANNY JOHNSTON/THE ASSOCIATED PRESS

Wild weather wallops Alabama

A storm system that hit Arkansas Sunday night moved on to Alabama Monday, with violent weather and possible tornadoes leaving dozens of people injured and killing at least two, including a man who lived in an area devastated by a deadly twister outbreak in the spring.

Radiation from speedy solar flare bombarding Earth

The sun is bombarding Earth with radiation from the biggest solar storm in more than six years, with more to come from the fast-moving eruption.

The solar flare occurred late Sunday and will hit Earth with three different effects at three different times. The biggest issue is radiation, according to the National Oceanic and Atmospheric Administration's (NOAA) Space Weather Prediction Center in Colorado.

The radiation is mostly a concern for satellite disruptions and astronauts in space. It can also cause communication problems for polar-travelling airplanes, said space weather centre physicist Doug Biesecker.

Radiation from Sunday's flare arrived at Earth an hour later and will likely continue through Wednesday. Levels are considered strong but other storms have been more severe. There are two higher levels of radiation on NOAA's storm scale — severe and extreme — Biesecker said.

NASA's flight surgeons and solar experts examined the solar flare's expected effects and decided that the six astronauts on the International Space Station do not have to do anything to protect themselves from the radiation, spokesman Rob Navias said.

THE ASSOCIATED PRESS

NASA/THE ASSOCIATED PRESS

▶ This NASA image, taken Sunday night, shows a solar flare erupting on the sun's northeastern hemisphere.

150M

The radiation — in the form of protons — came flying out of the sun at 150 million km/h.

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Man charged after snowmobile chase

An Alberta man was due in an Ontario court Monday to face charges stemming from a snowmobile chase involving police.

Provincial police say officers tried to stop a snowmobile carrying an adult and a child northwest of Peterborough, Ont., on Saturday because neither was wearing a helmet.

Police say the snowmobile sped off at more than 100 kilometres per hour,

The snowmobile stopped at the Bailey's Bay Resort and the driver fled, leaving behind the five-year-old child, who was not injured.

The suspect was apprehended inside a trailer after a scuffle during which he was pepper sprayed.

Scott Milton McKenzie, 25, of Fort McMurray faces numerous charges.

THE CANADIAN PRESS

War-crimes suspect deported

A man accused of crimes related to the Rwandan genocide has been deported from Canada.

Rwanda's Foreign Minister Louise Mushikiwabo confirmed on Twitter that Leon Mugesera was on a plane bound for Rwanda.

He is among the first western refugee claimants to be sent back to Rwanda to face charges related to the 1994 massacre.

A former Rwandan political operative, Mugesera delivered a fiery anti-Tutsi speech in the leadup to the genocide.

THE CANADIAN PRESS

RYAN REMIORZ/THE CANADIAN PRESS

▶ Leon Mugesera

New RIM CEO in hot seat

Analysts, investors wonder, will Heins lead company or prepare to sell
Heins wants to improve product roll-out, customer communications

After being appointed to lead the troubled BlackBerry-maker Research in Motion, newly minted CEO Thorsten Heins is already under fire.

Takeover talk began circulating Monday as investors and analysts pondered whether the little-known Heins had been appointed to lead a RIM turnaround or prepare it for sale.

Heins made it clear he wants RIM to do a better job rolling out new products on time and improving communications with customers. He also indicated he will be steering a course set largely by founders and former CEOs Mike Lazaridis and James Balsillie, who resigned on Saturday.

"If Thorsten really believes that there are no changes to be made, he will be gone within 15 to 18 months. He will be a transitional CEO and this will be a transitional board," said Jaguar CEO Vic Alboini, who leads an informal group of 16 RIM shareholders holding just under 10 per cent of the shares. Alboini criticized keeping Balsillie and Lazaridis on RIM's board and called for several board members to step down before the company's mid-year annual meeting.

Queen's University business professor John Pliniussen doesn't feel Heins is the right choice to turn RIM around. "It's the right move but the wrong guy. He's been there four years and is part of the reason behind RIM's underwhelming product and marketing missteps," said Pliniussen.

Once one of Canada's most valuable companies, RIM has seen its fortunes plunge as it lost market share to competitors. RIM's problems were made worse by disappointing sales of its PlayBook tablet, a global four-day BlackBerry service outage last year and product release delays.

TORSTAR NEWS SERVICE

HEINS TO STAY ON COURSE OR CHANGE?

Technology analyst Carmi Levy says Heins brings nearly three decades of telecom industry experience to the table.

With senior leadership experience in Europe, Heins has been a driver of the company's push into global markets, said Levy.

The big question is his willingness to change.

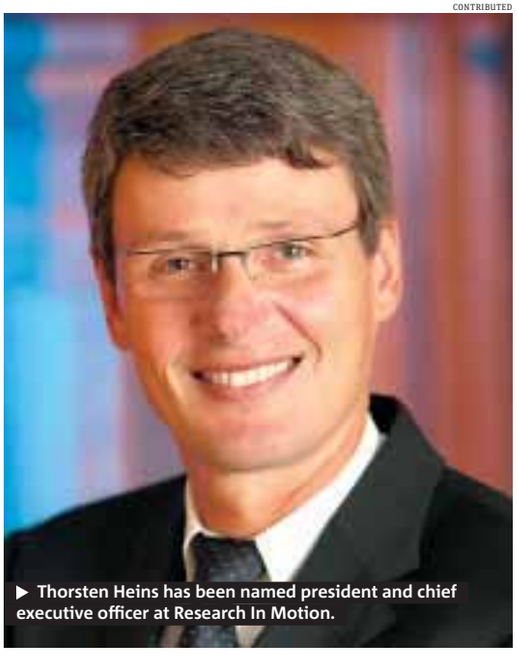
"His initial interviews with the media point to a stay-the-course. This is not how radical change begins, and his intimacy with the company could work against him as he faces a growing mountain of tough choices required to rebuild RIM's brand," said Levy.

TORSTAR NEWS SERVICE

Heins' history

- **Heins, born in 1957,** is not a well-known quantity. He joined RIM in December 2007 as a senior vice-president for hardware engineering and became chief operating officer for product and sales in August.
- **The 54-year-old native** of Munich, Germany, joined the German engineering group Siemens AG straight out of university in 1984, the year RIM was founded in Waterloo, Ont. He holds a master's degree in science and physics.
- **Prior to joining RIM in 2007,** Thorsten was chief technology officer of Siemens' communications division.

CONTRIBUTED



▶ Thorsten Heins has been named president and chief executive officer at Research In Motion.

Market moment

PRICES AS OF 5 P.M. MONDAY

TSX	Dollar	Oil	Natural gas	Gold
+ 124.61 (12,521.70)	+ 0.57¢ (99.27¢ US)	+ $1.25 US ($99.58 US)	$2.525 US (+ 18.2¢ US)	$1,678.30 US (+ $14.30 US)

Harper's eyes on exports at World Economic Forum

Prime Minister Stephen Harper is off to the international economic thinkfest in Davos, Switzerland, this week, where he will reiterate Canada's desire to diversify its trade, especially its oil exports, said his spokesman Andrew MacDougall.

"It's important to us now that a road has been blocked in the States," MacDougall said, referring to the recent Keystone XL pipeline decision. MacDougall did not mention China specifically, but said Harper is eyeing emerging markets in particular.

Meanwhile, in many countries, prospects for prosperity are increasingly fragile. Trust in presidents and CEOs, and the systems they represent, is drying up. Uncertainty lurks for the eurozone, and for Afghanistan, Syria and North Korea as well.

And now the Occupy movement has come to the World Economic Forum, an annual gathering of 2,600 decision-makers from nearly 100 countries and hundreds of companies that starts Wednesday.

VIPs in Davos are usually sheltered from critics. This year, the global question-the-establishment wave has brought in a small band of protesters, with an igloo-and-yurt camp and anti-capitalist entreaties ready to greet the big bosses of business and world politics as they arrive.

JEAN-CHRISTOPHE BOTT/THE ASSOCIATED PRESS

▶ Members of the Occupy WEF movement build an igloo at their campsite before the opening of the 42nd Annual Meeting of the World Economic Forumin Davos, Switzerland.

With a long list of global economic problems to solve, many Davos participants may prefer the more measurable and lucrative work of confidential corporate deals, a Davos hallmark. Politicians from the U.S. and other countries will be seeking investment, investors will be hunting out promising young entrepreneurs, and everyone will be looking for the year's next big gadget.

"The reality of Davos is that it can achieve things and it does achieve things every year. And that is business deals," said French political analyst Dominique Moisi. THE ASSOCIATED PRESS

WEF in focus

- **German Chancellor Angela Merkel** launches the forum Wednesday with a keynote speech that may chart her course in Europe's debt crisis.
- **Nearly 40 heads of state** and 18 of the world's central bankers will attend, along with business leaders, scientists, thinkers and human rights pioneers.
- **Government leaders** will focus on how to restore growth despite rising debts and sinking market confidence.
- **WEF runs** Jan. 25 to Jan. 29.

U.S.- Canada lumber deal extended

Canada and the U.S. have bought two extra years of relative peace on lumber. The two agreed Monday to extend the 2006 softwood lumber agreement to October 2015 with no modifications to deal conditions.

At the time, the deal — controversial on both sides — imposed a truce in a bitter dispute that had seen the U.S. levy $5 billion in penalties on Canadian exporters. THE CANADIAN PRESS

Digital music sales stuck: Lobby group

A report by the global music industry lobbying group says the growth in digital revenues remains stuck in the single figures. The International Federation of the Phonographic Industry blames piracy and government sluggishness. While a report says that digital revenue has risen by eight per cent, one analyst says that isn't enough to make up for the decline in sales elsewhere. THE ASSOCIATED PRESS

Megaupload founder claims innocence

Kim Dotcom, the detained founder of the file-sharing website Megaupload, insists he is innocent and poses no flight risk after a bail hearing on Monday. Police arrested Dotcom, 37, and three Megaupload employees on U.S. accusations they facilitated millions of illegal downloads of films, music and other content costing copyright holders at least $500 million in lost revenue. THE ASSOCIATED PRESS

THE AT-HOME WORKOUT FROM HELL

SHE SAYS ...

JESSICA NAPIER
METRO

Have you ever seen those people running outside in the depths of winter? You know, the ones huffing and puffing along icy sidewalks while wearing full-face masks and chains on their sneakers. I refuse to be one of those people and as such, I've had to bring my workout routine indoors.

Since I also refuse to sign up for a gym membership — I've probably signed up and dropped out of every fitness facility within a 30-kilometre radius of my apartment — I decided that this winter I would embrace the at-home workout DVD.

Have you ever done an exercise video in your living room? No matter how reputable your workout of choice is, you will always feel like a complete moron.

These fitness DVDs take place in an entirely different kind of reality. Filmed in fluorescent studios and exotic tropical locations, they feature super-human instructors whose bodies look as if they've been chiseled out of spray-tanned marble. They have terrifying titles like INSANITY! and promise to RIP AND SHRED YOUR BODY, as if those are actually desirable outcomes.

"Filmed in fluorescent studios and exotic tropical locations, they feature super-human instructors whose bodies look as if they've been chiseled out of spray-tanned marble."

Despite my initial reservations, I decided to give it a shot.

I don't own a television but I do own a $1,500 MacBook Pro (priorities, people). I agonize over finding the best location to set up my laptop — desk, chair, ottoman? It doesn't really matter because I still end up spending the next 50 minutes tilting the screen back and forth as I hop around my living room.

Despite his retro appeal, there is no place for Richard Simmons in today's modern home video exercise world. My 2012-ready instructor is a hard-bodied blond dressed in a pink camo-print sports bra. She flaunts her Britney Spears' circa 2001 abs as she leads me through a sequence of torturous exercises.

Forgetting that I am in a basement, I almost break a finger as I whack my hand on the low ceiling while performing a series of "power jacks," a maniacal cousin to the traditional jumping jack.

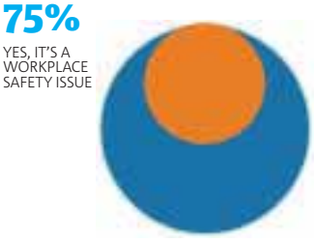
When the instructor's unremitting perkiness becomes too much, I drown her out with my own inner monologue. Am I engaging my core right now? What does that even feel like? Is that my phone? Will my apartment smell like sweat after this?

Finally, the instructor utters the two most beautiful words in the English language: "cool down." As I stretch out on my yoga mat, I find myself wondering where I could pick up some of those chains for my running shoes.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Should the porn industry be forced to use condoms?


75%
YES, IT'S A WORKPLACE SAFETY ISSUE
0%
SOMEWHAT, PORN COMPANIES SHOULD BE FORCED TO LET EMPLOYEES CHOOSE
25%
NO, IT SHOULD BE UP TO THE EMPLOYER

Local tweets

- **@cpalmer58:** rainy days and mondays always get me down #ldnont #thecarpenters
- **@BritownMusic:** hey #ldnont @britownmusic wants to know what your favourite album is?
- **@raachelveleema:** yay so happy my moms psychic told her that i will get accepted to 3 colleges... PLEASE BE #fanshawe
- **@heathbarker:** Cannot stand when people sit in MY seat in class!!! #grr #uwo
- **@jenyewonkim:** I have "successfully applied for graduation." #gasp #fourthyear #uwo #movingon
- **@upsidedown_i:** Youth Opportunities Unlimited makes the best jam. Do yourself a favour and get some at the Covent Garden Market. #ldnont
- **@lilaaay22:** Soooooo excited for soph apps #uwo
- **@KRosenkrantz:** Hey, #ldnont if you're mad about not having a 0% municipal tax increase, take a look at the $1 billion Crime Bill. Be mad at that!!!!
- **@tkinnr:** There's a man in line at the UCC Timmie's that looks like the father from War Horse...I almost burst into tears #clearlyIneedsleep #uwo :(

Daily Zoom

DAVID PARRY/PA

Rise of the Fake Sun

'Sun' brightens winter morning

LONDON. Dawn broke an hour early yesterday in central London after a fake 'sun' was raised to beat the Monday morning blues. Onlookers took to deck chairs to bathe in glowing light as the installation over Trafalgar Square began at 6:51 a.m. It didn't set until 7:33 p.m., giving the square three more hours of 'daylight'.

MWN

"There are very few moments more spectacular and uplifting than watching an early morning sunrise."
ANDREW SHOBEN, FOUNDER OF ARTISTS' COLLECTIVE GREYWORLD, WHICH IS BEHIND THE 'TRAFALGAR SUN', A WORK COMMISSIONED BY FRUIT JUICE GROUP TROPICANA

Trafalgar Sun

- **Is 30,000 times the size of a soccer ball.**
  It has a surface area of 200 m², and weighs over 5,500 pounds. A crane was used to hold the orb in air.
- **Worth 60,000 light bulbs**
  The sun's internal core produces 4 million lumens of light.
- **Time to wait for sunrise**
  Greyworld took six months to create the installation.

DAVID PARRY/PA

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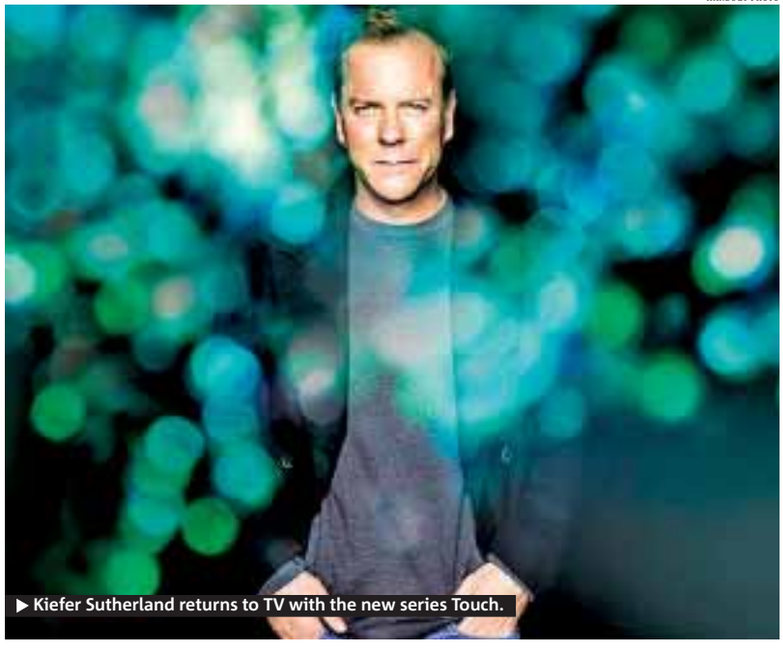
Kiefer's new touch

Kiefer Sutherland tackles a more cerebral role in the new series Touch
But Touch has its own action — a boy with a gift for predicting the future

IAN JOHNSTON
SCENE@METRONEWS.CA

HANDOUT PHOTO



▶ Kiefer Sutherland returns to TV with the new series Touch.

Kiefer Sutherland says he wasn't looking to come back to TV so soon after his eight-season, Emmy-winning stint on 24. But then he read the script for Touch.

"It wasn't really a choice," says Sutherland, who was starring in a Broadway play at the time. "It was around page 30, I remember going dammit! I just knew I'd be so remiss if I didn't do it."

The series, from Heroes creator Tim Kring, definitely stands out from the usual TV crowd. On one level, it's a drama of a father, Martin (Sutherland), who is attempting to reach his autistic, mute son Jake.

But it's also a science fiction tale — in that Jake possesses an ability to make numerical connections that seem to predict future events in the world. Interpreting what those numbers might mean soon becomes Martin's full-time job. For Sutherland himself, the show is essentially about family. "I've always felt it was a drama," Sutherland says. "You're embarking on a journey of a father trying to connect to his son. That's at the heart of the show."

But will fans of Sutherland's shoot-first-talk-later character Jack Bauer on 24 be convinced to watch the more cerebral Touch?

"Well, we're not blowing things up. But I think there's enough excitement around the show. There's a great deal of suspense in not knowing what (Jake's) numbers are," he says.

Sutherland even sees parallels between his 24 character and Touch's more down-to-earth Martin. "Jack Bauer was faced with unbelievable circumstances to overcome. And by the end, you realize this guy's never going to win. On Touch, you realize Martin is never going to have that quintessential father/son relationship with his son, and yet he too perseveres."

Touch premieres Wednesday at 9 p.m. (ET) on Global.

Martin Bohm vs. Jack Bauer

How does Kiefer Sutherland's new character in Touch, Martin Bohm, compare to 24's Jack Bauer?

- **Similarities — both men have children they're trying to protect:** Martin Bohm's 11-year-old son, Jake, has trouble connecting with people emotionally and Martin yearns to shield him from the judgmental world. Kim, Jack Bauer's daughter, needs to be kept safe from the numerous terrorists who are looking to harm her as a way to hurt Jack.
- **They're both widowers:** Martin's wife met an untimely death when she was working in the World Trade Center during the September 11 terrorist attacks. Jack's wife, Teri, was killed at the hands of double agent Nina Myers.
- **Differences — they live on opposite sides of the country:** Martin and his son are located in New York. Jack, although rarely in one place for long, resides in L.A.
- **They are in different lines of work:** Although Martin currently works as a baggage handler at JFK Airport, his previous career was as an investigative reporter for the Herald. Jack worked for the Los Angeles Counter Terrorist Unit, in some capacity or another.

DVD reviews

Buy it | **Rent it** | **Borrow it** | **Yawn** | **Don't bother**

Drive

Genre: Drama
Director: Nicolas Winding Refn
Stars: Ryan Gosling, Carey Mulligan, Bryan Cranston

You might not notice the car he drives on the streets of Los Angeles — a bland Chevy Impala — but you won't be able to take your eyes off Ryan Gosling in Drive. Gosling, playing a Hollywood stunt driver who moonlights as a wheelman for criminals, rocks like a young Steve McQueen or Robert De Niro.

Gosling's character, known only as Driver, has only two rules for the crooks who employ him. He'll wait five minutes and five minutes only for them to do their dirty work and hop back inside his Impala to evade the cops. And he doesn't carry a gun. Driver has almost supernatural skills behind the wheel, and he's got the "sang froid" to match. At least until his violent streak is activated — watch out for those boots.

But there's more to Driver. He's a romantic at heart, with his eye on his neighbour, Irene (Carey Mulligan), a single mother who needs his help. He'll do anything to assist her, and anything is really something, especially when best-laid plans turn sour.

Director Nicolas Winding Refn (Valhalla Rising) has created a film of oil, blood and bone that's not for the easily offended.

Extras include several making-of featurettes.

PETER HOWELL

Paranormal Activity 3

Genre: Horror
Directors: Henry Joost and Ariel Shulman
Stars: Chloe Csengery, Jessica Tyler Brown and Christopher Nicholas Smith

The makers of this creepy cash cow happily resisted the impulse to call this "prequel threequel" something awkward like Paranormal Activity: The Awakening.

They've kept it simple with a lean running time of 81 minutes. Even better, they didn't try to overload it by making it Paranormal Activity 3-D.

Instead, co-directors Henry Joost and Ariel Schulman (they also teamed for Catfish) kick it old school by moving most of the action to 1988. There they to flesh out an evolving story about the poltergeist antics of the first two movies, which take place about 15 to 20 years later.

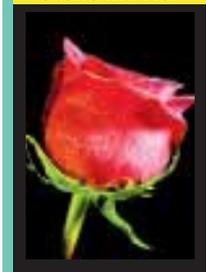
This is the rare third film that is arguably better than its predecessors.

Call PA3 the thing that goes ka-ching in the night. Extras include the unrated version of the film and "lost tapes" additional content.

PETER HOWELL

2 scene

Scene in brief



Get ready for The Bachelor, Canadian-style. Citytv says the popular reality series is coming north of the border and is scheduled to launch on the network this fall. A search for "rose-loving Canadian bachelorettes" who want to appear on the nine-episode series begins today at Citytv.com. Shooting for The Bachelor Canada is slated to begin in the spring. The American version is currently in its 16th season. Bachelor host Chris Harrison is in Toronto today to promote the new series.
THE CANADIAN PRESS

Scan this code or visit metronews.ca/Oscars to watch Tuesday's live telecast of the Academy Award nominations.

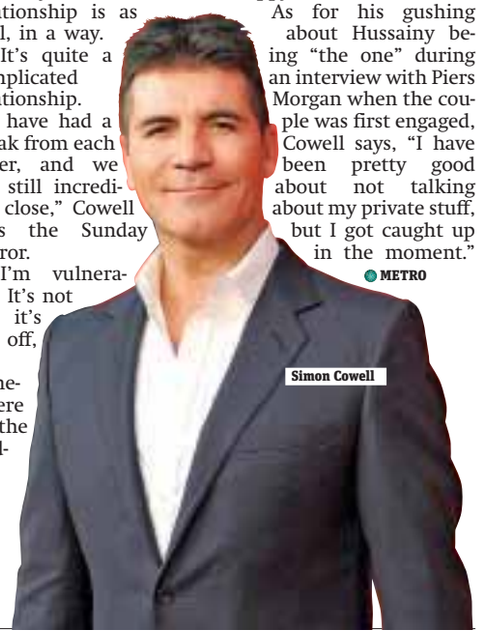
Simon says the wedding is off

Simon Cowell says his engagement to Mezhgan Hussainy is off — and the relationship is as well, in a way.

"It's quite a complicated relationship. We have had a break from each other, and we are still incredibly close," Cowell tells the Sunday Mirror.

"I'm vulnerable. It's not on, it's not off, it's somewhere in the middle. I don't know if I will ever get married, but I am happy."

As for his gushing about Hussainy being "the one" during an interview with Piers Morgan when the couple was first engaged, Cowell says, "I have been pretty good about not talking about my private stuff, but I got caught up in the moment." METRO


Simon Cowell

Health scares of the stars

K-Fed suffers 'mini heart attack' Tracy Morgan collapses in Utah

ALL PHOTOS GETTY IMAGES

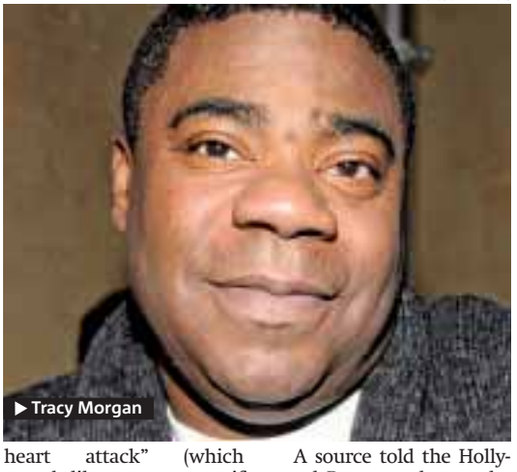
THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

The Australians must be desperate.

They've flown Kevin Federline, 33, all the way to their country to star in their weight-loss reality show, Excess Baggage (because, apparently, Celebrity Fit Club worked out so well for him).

But the Aussie show's workouts were too much for the former dancer/chronic egg fertilizer, and, according to local reports, his heart went "PopoZão" and he was rushed to a hospital with chest pains. It was so severe that, according to reports, Federline suffered a "mini heart attack" (which sounds like an oxymoron if there ever was one).


Tracy Morgan

Meanwhile, on the other side of the world, Tracy Morgan was also rushed to the hospital in Park City, Utah on Monday, after he collapsed at the Creative Coalition Spotlight Awards.

A source told the Hollywood Reporter that at the function, "Morgan seemed inebriated, yelling and falling onto the ground."

I know what you are thinking and no, it was not booze. It was the altitude that felled the 30 Rock star.

Per his rep: "From a combination of exhaustion and altitude, Tracy is seeking medical attention. He is with his fiancé and grateful to the Park City Medical Center for their care. Any reports of Tracy consuming alcohol are 100 per cent false."

Kevin Federline

This is one of those rare occasions that a PR statement is true: The hospital reports that Morgan did not have alcohol or drugs in his system when he was admitted.

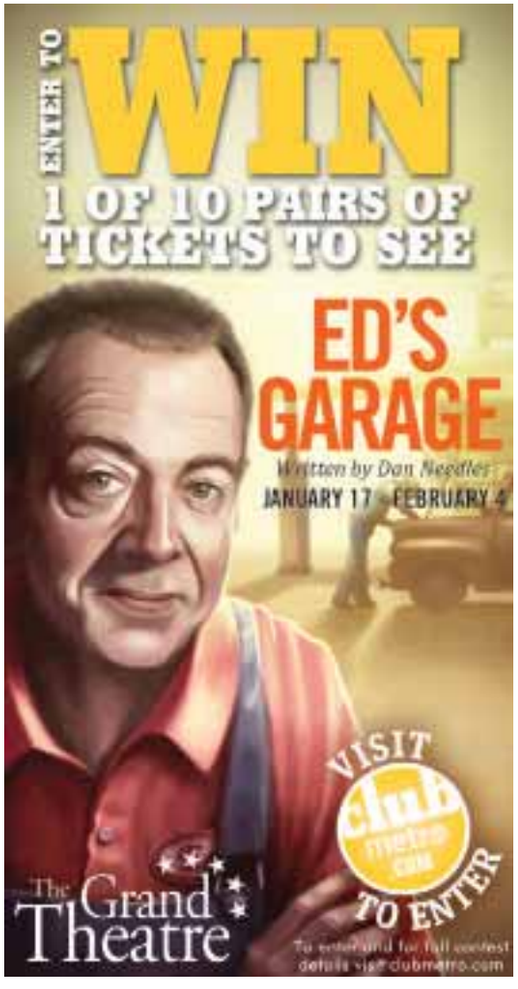
Klum and Seal: Yup, it's over

Heidi Klum and Seal have confirmed that they are separating after seven years together, according to People magazine.

"While we have enjoyed seven very loving, loyal and happy years of marriage, after much soul-searching we have decided to separate," Klum says in a statement.

"We have had the deepest respect for one another throughout our relationship and continue to love each other very much, but we have grown apart. This is an amicable process, and protecting the well-being of our children remains our top priority, especially during this time of transition." Seal and Klum are parents to Leni, 7, Henry, 6, Johan, 5, and Lou, 2. METRO

Heidi Klum and Seal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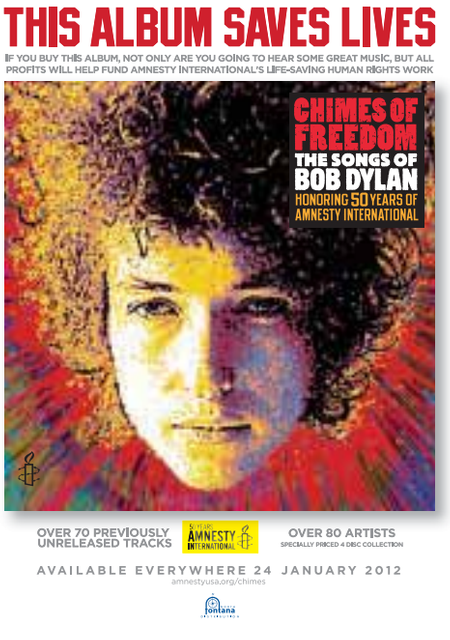
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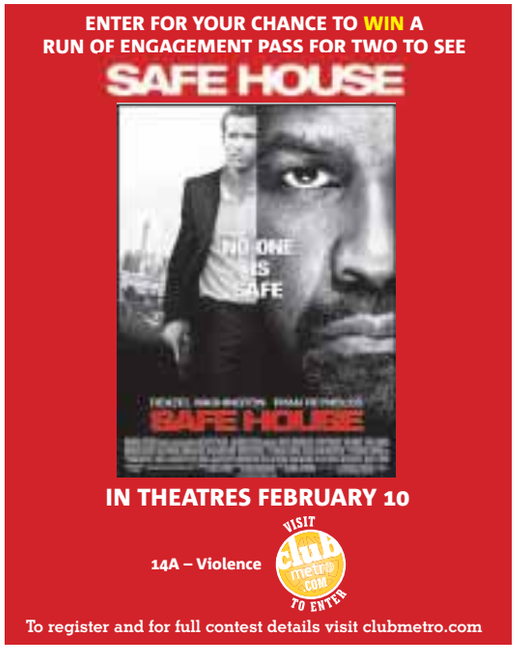
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World of eye care can be confusing

Learn the difference between a sight test and a full eye exam And research before you go

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTOS

Before you get an eye exam, do some research first.

Your eyes need health check-ups, too.

But how do you navigate the world of optometrists, opticians and ophthalmologists? Most of us aren't clear on who does what.

"It is a source of confusion in the public," says Dr. Riaz Ahmed, an optometrist in Calgary.

Here's how he explains it: Opticians are the people who sell you glasses and contact lenses, optometrists are your primary eye-care provider and ophthalmologists treat serious eye diseases and do eye surgery.

Ahmed recommends eye exams every two years for most adults.

If you are young (under 19) or older (over 65), you should get an eye exam every year. A recent study that examined patterns among more than 130,000 Canadians found that only 40 per cent saw an eye-care provider in the previous year.

"If you go get an eye exam, make sure it is either with an optometrist or an ophthalmologist."
DR. RIAZ AHMED

Make sure you go to someone who is qualified in eye health.

"If you go get an eye exam, make sure it is either with an optometrist or an ophthalmologist," he says. "A sight test at an optician is not a full eye exam."

Optometrists like Ahmed have been to university for a minimum of eight years.

They do routine eye exams and deal with common eye problems such as infections or a foreign object in the eye.

They can manage, on a regular basis, eye problems resulting from diabetes or glaucoma.

An ophthalmologist has the most education, including a Bachelor degree, four years of medical school, plus a residency in the specialty.

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Check out our Swap & Drop Diet I talked in my last column about our new diet book, Swap & Drop, which is full of ideas for small changes you can make that add up over time to lost pounds.

This week, I want to let you in on some details in the book's section on dining out.

We all end up in a drive-through, a mall food court or a family restaurant at some point during the week.

We all end up in a drive-through, a mall food court or a family restaurant at some point during the week.

These places can be danger zones if you're watching your weight, so we thought it would be super helpful to provide nutritional information about restaurant menus to help you choose what to order. We studied the menus at 10 chains across Canada — Boston Pizza, East Side Mario's, Harvey's, The Keg, KFC, McDonald's, Starbucks, Subway, Taco Bell and Tim Horton's — and made some surprising discoveries. For example, one of these places has a bruschetta that contains 1,145 calories and 59 grams of fat.

The swap at that restaurant?

A shrimp cocktail with just 127 calories and 1 gram of fat.

At a coffee chain, the raisin bran muffin has more than 400 calories and 13 grams of fat. The swap, if you're looking for a treat with your coffee, is the cookie with fruit and nuts; you'll cut the calories and fat almost in half.

And then there are breakfast sandwiches. At one chain, a sausage, egg and cheese on a biscuit has almost 600 calories and 37 grams of fat. Choose a ham, egg and cheese on an English muffin and save 300 calories and 25 grams of fat. That kind of change really adds up to make the difference on your bathroom scale.

These are just a few highlights of the Swap & Drop Diet book, which is $29.95 and available wherever books are sold, and at besthealthmag.ca/swap.

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3 life

Health

A new website — myhealthtips.com — features collaborative work between a Canadian doctor and Terry Jones of Monty Python, shown, that blends humour and health advice. The collaboration between the Canadian cancer specialist and the British comedian has led to a series of videos that combine laughs with practical health advice
THE ASSOCIATED PRESS

If you can climb stairs, you can have sex, says AMA guidance for heart patients

Filling enough for a dragon

Head to Hong Ping Restaurant to celebrate Chinese New Year with a feast

PAUL MITCHELL

▶ Kung Po Shrimp ($11.95).

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA

I am celebrating the Year of the Dragon with a visit to Hong Ping. Although I do not need an excuse to have Chinese cuisine, it is a great choice for value and volume.

Located in the back of an easily overlooked building, Hong Ping has an enjoyable contemporary, sophisticated décor.

My group encounters some initial confusion ordering, as individual "dim sum" selections are offered alongside a family-style menu. It is a good range of choices from vegetarian dishes to sizzling Szechuan.

We order à la carte: Sweet and Sour Pork ($8.95), Chicken in Yellow Curry ($9.95), and Kung Po Shrimp ($11.95). Spring Rolls ($3.50) are barely touched before entrées instantaneously appear, piping hot on platters.

The enormous portions are delicious but more than we can eat. Ingredients are high quality with the right amount of sauce and spice.

I will definitely not wait another year before returning to Hong Ping.

Hong Ping Restaurant
339 Horton St. E.
519-858-3074
hongping.foodpages.ca
Hours: Sun. - Wed. (11 a.m. - 9 p.m.), Thurs. - Sat. (11 a.m. - 10 p.m.)
Reservations: No
Licensed: Yes
Quick solo lunch: No
Social lunch: Yes
Co-worker lunch: Yes
Client negotiations: Yes
Price range: $5.95 - $13.95
Rating: 4 out of 5

THE CANADIAN PRESS H/O

Easy Seafood Linguine

This linguine is chockfull of seafood and can be on the table in a flash. It will be a welcome comfort dish as well.

Preparation:

1. In a large pot of boiling water, cook pasta until al dente. Drain and keep warm.
2. While pasta is cooking, heat olive oil in a frying pan and sauté garlic for three to four minutes. Add breadcrumbs and chili flakes; cook for one minute. Add clams with liquid, shrimp, oysters and white wine; cook for another two to three minutes. Toss seafood mixture with pasta, add parsley and season with pepper. Garnish with extra breadcrumbs. Serve.

THE CANADIAN PRESS/ CLOVER LEAF

Ingredients:

- 500 g (1 lb) linguine pasta
- 50 ml (1/4 cup) olive oil
- 3 cloves garlic, finely chopped
- 50 ml (1/4 cup) breadcrumbs, plus extra for garnish
- 2 ml (1/2 tsp) chili flakes
- 1 can (142 g) baby yellow clams, undrained
- 1 can (106 g) medium shrimp, drained
- 1 can (133 g) Pacific oysters, drained
- 50 ml (1/4 cup) white wine
- 125 ml (1/2 cup) coarsely chopped parsley
- Cracked black pepper

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Make health statement with light salmon dish

Preparation:

1. Coat a large rimmed baking sheet with cooking spray; set aside. Bring a pot of salted water to boil. Add lentils and boil for 12 to 15 minutes or until tender but firm. Drain well and set aside.
2. Place salmon, skin down, on prepared baking sheet. Rub with garlic. Place dots of butter all over surface of salmon, then sprinkle with salt and black pepper. Bake in 200 C (400 F) oven for 15 minutes or until just the centre is slightly translucent.
3. Meanwhile, in a bowl, gently mix together cooked lentils, lemon rind and juice, orange segments, pomegranate seeds, coriander, cilantro and hot sauce. Season with salt and black pepper.
4. In a small bowl, stir together creme fraiche and orange juice.
5. To serve, place salmon on a large platter and arrange lentil salad around salmon. Drizzle with creme fraiche sauce.

THE ASSOCIATED PRESS/

MATTHEW MEAD/ THE ASSOCIATED PRESS

Roasted Salmon & Lentil Salad

▶ This recipe serves 10.

Ingredients:

- 500 ml (2 cups) green lentils
- 1 side of salmon, skin on about 1.8-kg (4-lb)
- 1 clove garlic, minced
- 30 ml (2 tbsp) butter
- Salt black pepper
- 10 mL (2 tsp) grated lemon rind
- 45 mL (3 tbsp) lemon juice
- 3 oranges, peeled and segmented
- Seeds of 1/2 pomegranate
- 5 ml (1 tsp) coriander
- 50 ml (1/4 cup) chopped fresh cilantro
- Splash of hot sauce
- 1 tub (250 g/8 oz) creme fraiche
- 60 mL (1/4 cup) fresh orange juice

ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

CHINESE NEW YEAR 101

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

ISTOCK

As some of you know, I have just completed another 18-day Asian tour, which took me to Shanghai, Bangkok, Manila and Hong Kong, before returning to Toronto. So what does this have to do with today's column?

Well, it's the start of Chinese New Year and I thought this would be the perfect opportunity to learn how we acknowledge another culture's holiday.

Firstly, there is absolutely nothing wrong with asking someone from a different faith, background or nationality the meaning of and how he or she celebrates a particular holiday.

So, with the start of Chinese New Year, how do the Chinese celebrate their new year's holiday and how should others acknowledge this important holiday?

Although some Chinese people will greet each other with a traditional phrase, it is absolutely fine for people of another culture to say "Happy New Year."

Now, if you see people receiving a red envelope, don't panic. You don't need to do anything.

Traditionally, when youngsters come to wish the seniors good health, a red envelope with small amounts of money inside is given to the children to wish them good luck and good fortune in the new year.

You are neither expected nor required to give a gift of any kind.

However, if you feel compelled to give something, sweets to symbolize a sweet year, and/or oranges, are always a good thing. If you are going to wrap the present, ideally it should be wrapped in something red and gold, which are the traditional colours of the holiday.

Now, as my dear friend from Peninsula Hotel in Shanghai said upon my departure last week, "I wish you a Happy Chinese New Year, Mr. Charles, and a wonderful year of the Dragon!" I couldn't have said it better myself.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

CARPE DATE 'EM, CARPE DIEM

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Hello Claire and Andrea,
I am in my early 30s and I am a single guy. I feel very lonely, like my life is passing me by. At times I feel jealous to see people older and younger than me getting married and I do not know what to do about it. I am always told I am too nice and I am shy with girls as well. I do not know how to reach out to people using technology. I would rather someone take the initiative or be face to face. How do I go about this when at times I feel like I am losing people or friendships?
Danny

Andrea: Dear depressed Danny,

I've learned that any transformation worth going through comes with its share of pain. Right now you're going through yours, and I hope that it pushes you to stand up for yourself and to believe that you are also entitled to a loving relationship.

Holidays can bring on the blues, but the new year is all about new beginnings. Get excited about where you're going. Put in the work to improve yourself and your outlook.

No one will make it happen for you, but once you're successful in achieving your goal, you'll be happy that you went through it.

Claire: Dear depressed Danny,

You're right, technology can make forming friendships harder, not easier. But dating sites are the exception.

Make peace with your keyboard and try setting up a dating profile for at least three months — you can exchange emails with people you're interested in, but remember to sound (and stay) positive.

There are lots of people who feel lonely out there, and who would love to meet someone like you.

Also, try to engage in group activities: join a running club, volunteer somewhere, do things you enjoy.

Trust me, you'll find love or love will find you, so that one day you'll look back on these days of freedom and independence with longing.

Carpe date 'em, carpe diem!

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

ISTOCK

▶ This guy is just asking for trouble. There could be a light post waiting for him around the corner.

Do you text and walk at the same time?

NATE JONES
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Have you ever bumped into a light post? Tripped on a trash can? Stumbled upon an old friend, literally?

If so, you may have a texting-while-walking problem.

Filmmaker Casey Neistadt explores these issues and more in a hilarious documentary for the New York Times, Texting While Walking: A Dangerous Game.

In it, Neistadt gives a series of scientific illustrations demonstrating exactly how harmful (not to mention annoying!) walking and texting can be.

"Let's stop acting like hollowed-out zombies, with BlackBerrys and iPhones replacing eye contact, handshakes and face-to-face conversations," Neistadt writes in the accompanying article.

"It's time to live once again in the present and simply be where we are."

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ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Having been the host of Maxed Out, a lifestyle television show, I know that good things often come out of the episodes and sometimes those good things can be a surprise.

The first episode of Million Dollar Neighbourhood, which aired Sunday on the Oprah Winfrey Network, is aiming to raise the net worth of 100 Aldergrove, B.C., families by a total of one million dollars over 10 weeks.

Every week, the community will strive to save $100,000, or an average of $1,000 per family, through a variety of means including bartering or pitching in to renovate the home of a needy family.

Most people have fat marbled throughout their spending in everything from cellphone bills to fast food fixations.

But Million Dollar Neighbourhood's first show took a slightly different tact by recovering money that had already been spent.

Cha-ching!

What would you do with a tax windfall?

- **10 per cent** of the Million Dollar Neighbourhood families who received a tax windfall said they'd use it for shopping or a vacation, which would decrease their net worth.
- **86 per cent** said they'd either save it or pay down debt. Both of which would increase net worth.

HANDOUT

▶ Million Dollar Neighbourhood co-hosts Bruce Sellery and Dr. Joti Samra. The show airs Sundays on OWN.

A tax team from H&R Block did a second look review of the families' tax returns. Astonishingly, they found errors or missed deductions in nearly a third of them. The refunds ranged from $100 to $10,000, in total more than $50,000.

I was curious at the number of filing mistakes, so I asked Cleo Hamel, senior tax analyst for H&R Block Canada, about her conclusions.

"In general, I think people get complacent and follow the same tax routine as the previous year because it is easy. A change in their income from year to year is something they take note of but understanding how to use, for example, medical expenses to their advantage requires a little more work. Or they are unsure of whether they qualify for a credit and fail to followup."

You may not be able to avoid death or taxes but with a little vigilance you can lessen the impact of the government bite.

"People make many mistakes filing taxes. Take extra time to keep money in your pocket."
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Djokovic moves on, Serena done in Australia

Novak Djokovic showed the first signs of vulnerability at the Australian Open on Monday but still held off Lleyton Hewitt to reach the quarter-finals in Melbourne.

American Serena Williams can't say the same in the women's event, though.

Djokovic, the defending men's champion, held his composure to defeat Hewitt 6-1, 6-3, 4-6, 6-3.

"It's obviously the first match that I've been tested," Djokovic said. "It was against the player that I expected to be tested."

Numbers told the surprising story for Williams in her fourth-round loss. She had seven double-faults, including four in one game; 37 unforced errors, and a first-serve percentage of just over 50 per cent.

After her 6-2, 6-3 loss to Ekaterina Makarova, Williams admitted she was still playing on a sore left ankle which she injured in Brisbane two weeks ago.

Djokovic has reached the quarter-finals for the fifth straight year with the win over Hewitt, ending Australia's participation in the singles draws.

"Lleyton was playing in front of his crowd. Obviously, he loves competing against the top guys on the big stage, and he proved it again," Djokovic said.

Djokovic is aiming to become only the fifth man in the Open era to win three consecutive majors after collecting the Wimbledon and U.S. Open titles last year.

THE ASSOCIATED PRESS

QUINN ROONEY/GETTY IMAGES

▶ Novac Djokovic in Melbourne on Monday

LUCAS OLENIUK/TORSTAR NEWS SERVICE

▶ John Tavares, left, reaches for the puck in front of Jonas Gustavsson during the Islanders' 3-0 loss in Toronto on Monday night.

Tavares turning heads with torrid points pace

After diversifying his game in off-season, Isles star on pace for career highs ◐ 'Every season he's getting better and better,' says skills coach

The NHL is talking about John Tavares again.

With the New York Islanders forward seemingly coming into his own and starting to reach the heights expected of a No. 1 draft pick, the fanfare that came with his arrival to the NHL in 2009 has returned.

"In my opinion, he's one of the top few forwards in the league," Toronto Maple Leafs defenceman Luke Schenn said Monday before the first of back-to-back meetings with the Islanders.

There can be no bigger compliment than the fact virtually every opponent is drafting up defensive gameplans designed to stop the 21-year-old centre.

Very few have had much success, particularly in the past month as he built a 12-game point streak. Tavares is benefiting from the maturating process, but he's also managed to stay a stride or two ahead of opponents by reshaping his game.

84

Heading into last night's game against Toronto, Tavares was on pace for 33 goals, 51 assists and 84 points. His career-high is 29 goals, 38 assists for 67 points in 2010-11.

The work started over the summer in suburban Toronto with his longtime hockey skills coach, Dusan Kralik, who put the sniper through countless hours of passing drills in an effort to add another element to his offensive arsenal.

"He always carried the team on his shoulders in terms of scoring," Kralik told The Canadian Press in an interview. "I think he realized it's not maybe necessary to score goals ... everybody know he's a goal scorer so they put probably more emphasis covering him as a dominant player.

"He's still capable to open (space) for other players and create opportunities."

"This guy's dedication to hockey is huge. He's been working so hard every summer ... He got stronger, he got faster and it's paying off."

ISLANDERS CAPTAIN MARK STREIT ON JOHN TAVARES

The results are in the statistics. Tavares is currently on pace to post career-highs on offence, but his biggest gains are in assists.

It's a big change for a player that made the jump to the OHL at age 15 and scored 72 goals in 67 games for the Oshawa Generals a year later.

Tavares once again finds himself as a major talking point in NHL circles. Praise is coming from opponents and teammates alike, speaking volumes about where he stands.

"The one thing about him too is he's super competitive," said Schenn. "He wants to be the go-to guy all the time. He wants to win bad."

Unless something changes on Long Island, that will remain a tough task. The Islanders carry the NHL's lowest payroll and that likely won't change even once Tavares' new $33-million contract kicks in next season.

His decision to sign the six-year extension in September makes him the team's highest-paid player at $5.5 million per season.

Clearly, Tavares believes better days lie ahead and he's determined to be the driving force behind a turnaround. THE CANADIAN PRESS

4 sports

Quoted

"I believe the federal government has grown out of control, threatening the rights, liberties, and property of the people."

BOSTON GOALTENDER TIM THOMAS IN A STATEMENT RELEASED MONDAY. U.S. PRESIDENT BARACK OBAMA SALUTED THE BRUINS FOR THEIR STANLEY CUP CHAMPIONSHIP ON MONDAY, BUT THOMAS SKIPPED THE WHITE HOUSE VISIT IN PROTEST. THE DECISION TO STAY AWAY, THOMAS SAID, "WAS NOT ABOUT POLITICS OR PARTY, AS IN MY OPINION BOTH PARTIES ARE RESPONSIBLE FOR THE SITUATION WE ARE IN AS A COUNTRY."

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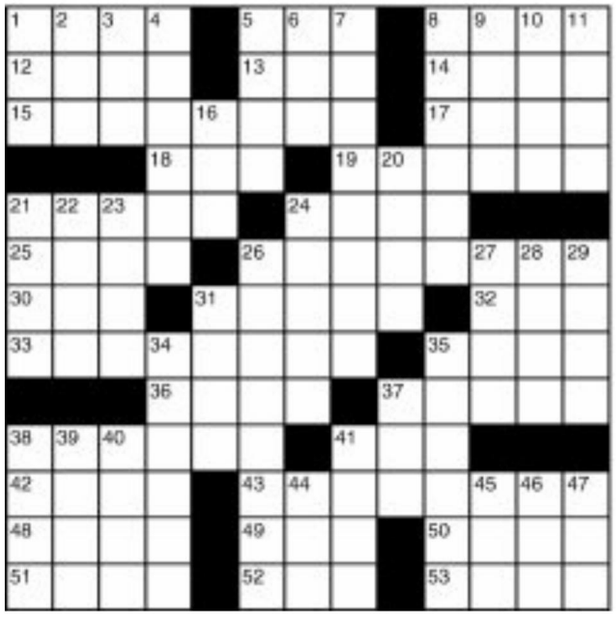

Across

1 Pinnacle
5 "Eureka!"
8 — Minor
12 Tibetan monk
13 Bookspine abbr.
14 Night light?
15 Pillages
17 Entanglement
18 Atmosphere
19 Whoppers' toppers
21 Home
24 Smile
25 Humdinger
26 WWI field famous for poppies
30 Math course
31 Actress Massey
32 "Boy, am I stupid!"
33 Bad-mouths
35 Tower city
36 Sly
37 Caulking material
38 Eyelike spots
41 Crazed
42 Ashen
43 Peripheral-vision thwarters
48 Cold War abbr.
49 Allow
50 Welsh veggie
51 Cows and sows
52 Dine
53 Jealousy

Down

1 Matterhorn, e.g.
2 Chum
3 Ostrich's cousin
4 Citizen Kane's estate
5 State with certainty
6 Not vert.
7 Losers
8 Nasty
9 Nevada city
10 Any time now
11 Picnic invaders
16 Conk out
20 1492 craft
21 "Sad to say ..."
22 Matador's foe
23 Gymnast Korbut
24 Splendor
26 Not stiff
27 Tend texts
28 Oxidize
29 Horse-drawn carriage
31 Pedestal occupant
34 Pro QBs, e.g.
35 Small pool
37 Skillet
38 Piece of work
39 Money
40 Otherwise
41 Catcher's glove
44 Meadow
45 Still, in verse
46 Gun the engine
47 Firmament

▶ Monday's answer

Sudoku

		6				7		
	5	2	7		4	8	6	
8	7						3	5
			5	9	2			
				4				
			6	1	3			
1	2						9	6
	9	4	3		6	1	7	
		8				3		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

3	4	9	7	2	5	6	1	8
7	8	5	1	3	8	4	2	9
6	2	1	9	4	6	3	7	5
5	3	7	8	6	1	9	4	2
2	1	4	3	5	9	7	8	6
9	8	6	2	7	4	1	5	3
1	7	3	5	9	2	8	6	4
4	5	8	6	1	3	2	9	7
6	9	2	4	8	7	5	3	1

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You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Matthew
Thank you for always being there for me. It means so much to me to have you by my side through everything that has happened the last year. I love you so much <3
FROM JESS

Ryan Bouchard
Hey baby! I love you soooo much! you always brighten my day! There are times when I feel like I can't live without you. You are the one I think about and have dreamt about for a long time. **FROM CHELSEA FISH**

my handsome knight
My heart is aching for you , I am so sad that the last words you heard from me was I HATE YOU NOW....I did not mean it, I was so hurt, I felt betrayed and abandoned but I really know better and I UNDERSTAND MORE THAN YOU KNOW....YOU ARE IN MY SOUL FOREVER TILL THE END OF TIME.....
FROM YOUR LADY

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
You have never been a stranger to hard work but now that Mars, your ruler, is turning retrograde in the wellbeing area of your chart you should perhaps slow down a bit.

♉ Taurus April 21-May 21
It won't be long before you are back to your best and raring to go.

♊ Gemini May 22-June 21
You may have to own up to something a bit embarrassing today but rather that than deny it and get caught out later on.

♋ Cancer June 22-July 22
Go out, have a good time and meet as many interesting and influential new people as you possibly can.

♌ Leo July 23-Aug.23
Something will catch your eye today and you won't be happy until you have made it your own.

♍ Virgo Aug. 24- Sept. 22
There are so many new opportunities coming your way at the moment, but you must not take your good fortune for granted.

♎ Libra Sept. 23-Oct. 23
If you find it hard to get your act in gear today you should take that as a sign and stop trying so hard.

♏ Scorpio Oct. 24-Nov. 22
A certain individual may seem a bit boring but if you make an effort to get to know them today you may find you have a lot in common.

♐ Sagittarius Nov. 23-Dec. 21
Whatever challenges you are faced with at the moment, at home or at work, you have no intention of letting them overwhelm you.

♑ Capricorn Dec. 22-Jan. 20
You know that your beliefs are right but how do you convince other people of that fact? You don't.

♒ Aquarius Jan. 21-Feb. 18
Try not to be too critical of other people today.

♓ Pisces Feb. 19-March 20
You may find it hard to be nice to someone today.

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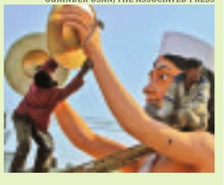

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